

# PAPER, PRINT AND PAINT

This 4-week course is a sensory and immersive class that is both soothing and absorbing. Learn to make your own paper from recycled paper. When the paper is ready, you'll learn how to prepare a linocut for printing which you will then use to transfer onto your paper. Finally, you'll also get the opportunity to spend a session painting onto the paper.

No experience needed! just come along and enjoy the company while you learn a new skill.



**Starting Wednesday 10 January  
1.30pm-3.30pm**

**At St Peter's West Molesey Community Hub,  
Ray Rd, West Molesey, KT8 2LG**

**MFT supports adults in Surrey to improve and maintain their mental wellbeing through one-to-one support, courses, groups and activities.**

To book your place, you need to register with MFT first and then contact:  
01372 375400, text 07929 024722,  
email [info@maryfrancestrust.org.uk](mailto:info@maryfrancestrust.org.uk)  
or visit [www.maryfrancestrust.org.uk](http://www.maryfrancestrust.org.uk)



Inspiring Mental Wellbeing